

RELATIONSHIPS BETWEEN TOBACCO ABUSE AND SELF-ASSESSMENT OF HEALTH

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Smoking cigarettes influences negatively on function of the body. Between others it has important impact on the respiratory system, circulation and behaviour. It leads to morphological and physiological changes of organs and tissues so it can change mood. The aim of this study was to assess the relationships between tobacco abuse and self-assessment of health. The survey was conducted in two groups- Polish (243) and foreign medical students (80). The study was based on the survey questionnaire of the authors' own design, composed of open and multi-choice questions. Our questionnaire was prepared based on an international standard questionnaire from the HBSC study. 80 % of students have no permanent diseases. The results showed that only 23 % of women and 20 % of men assessed their health as a very good, over 60 % as a good and rest on the lower level. We didn't observe significant difference between smokers and non-smokes. Physical activity in both groups was generally assessed as a good or sufficient. We didn't observe significant difference between groups in feeling headache, pain of abdomen, vertigo. Significant differences were observed in taking of painkillers.